



COMMONWEALTH of VIRGINIA

DEPARTMENT OF
MENTAL HEALTH, MENTAL RETARDATION AND SUBSTANCE ABUSE SERVICES

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DEPARTMENT RECEIVES FEDERAL GRANT FOR VICTIMS OF SEPTEMBER 11

RICHMOND—Commissioner James S. Reinhard, M.D., announced today that the Federal Emergency Management Agency (FEMA) has funded a \$4.6 million grant to the Department for the "*Community Resilience Project*" in Northern Virginia.

"The mission of this initiative is to promote resilience—the ability to bounce back after a horrific setback," Dr. Reinhard said. "Even months after the terrorist attacks, Northern Virginians may experience stress responses, such as sleep disturbances, difficulty concentrating, preoccupation with the event, fear, anxiety, guilt, depression or social withdrawal. These reactions are normal reactions to an extremely abnormal situation. It is important to discuss these responses with trained professionals. The *Community Resilience Project* staff are trained to help people adjust to stress, as well as other changes in their lives."

The project, designed by DMHMRSAS and local providers, will provide crisis counseling services for victims of events on and following September 11, 2001. The state mental health agency will coordinate distribution of the grant funds and provide oversight of the program. Community Services Boards in Arlington, Fairfax, and Loudoun Counties and the City of Alexandria were approved to receive the crisis counseling funds through December 15, 2002.

Services offered at no charge to the public by the *Community Resilience Project* include individual, family and group counseling, support groups, stress management, and other educational workshops, handling grief and loss, children and trauma, referral to mental health services, and multicultural and multilingual services.

The *Project's* services are available to people of all ages who work, live or attend school in Arlington, Fairfax, or Loudoun Counties or the City of Alexandria. For more information contact any of the following Community Resilience Project Locations:

- Arlington: (703) 228-4788
- Alexandria (703) 838-6400
- Fairfax (703) 533-5388
- Loudoun (703) 771-5100

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